NEWS

Winchester Chamber of Commerce debuts successful first health and wellness fair

DANIELLE KRANTZ | CORRESPONDENT

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Winchester residents try out the pickleball court on stage at the Winchester Chamber of Commerce's first health and wellness fair in Town Hall. WINCHESTER NEWS STAFF PHOTO/DANIELLE KRANTZ

Hundreds of Winchester residents gathered at Town Hall Saturda
Winchester Chamber of Commerce's first health and wellness fai

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Spring Into Wellness featured interactive demonstrations and activities, including pickleball, a trampoline workout, a presentation on avoiding scams and Winchester Community Music School performances.

Attendees could also participate in giveaways and sample goods from local businesses.

The event kicked off with a performance from the Pineapple Posse Ukulele Ensemble, the music school's new adult ukulele group.

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Winchester residents check out the Chamber of Commerce's health and wellness fair. Many local businesses participated in the event. WINCHESTER NEWS STAFF PHOTO/DANIELLE KRANTZ

Dana Garmey, executive director of the Winchester Chamber of Commerce, said the idea for the fair came from neighboring cha organizing similar events.

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"I think Winchester residents want to support local businesses," Garmey said. "They might not know these small businesses are here in Winchester. So it's a great opportunity for everyone to know each other."

The fair featured local businesses, health professionals and wellness advocates, all offering resources to help community members lead healthier lives. Thirty-three vendors attended, including Elite Freestyle Karate, PDA Dental Group, Friends of Winchester Recreation, Winchester Meals on Wheels and Turbo CrossFit.

Lauren Herrmann, a Friends of Winchester Recreation member, said her organization joined the fair after hearing about it from Garmey.

"We attend the same gym in town, which is Turbo CrossFit," she said. "And she pulled me aside and just said, 'Hey, we've got this great event coming up. Your mission and vision, you know, fit perfectly within it.' And that was how we got involved."

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The pickleball demonstration, organized by Friends of Winchester Recreation, gave attendees tips and tricks and instructions on how to sign up. The group is trying to raise money to build dedicated pickleball courts.

Music therapist Shayla McDermott, representing the Winchester Community Music School, discussed the therapeutic benefits of music.

"One of my goals is just to allow more people to know about music therapy to build awareness," said McDermott, whose school serves about 900 adults and children. "And I think music, whether it's through music therapy or music education, brings so much wellness to people's lives and a community as a whole."

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The fair featured a variety of healthful food vendors. Playa Bowls offered free smoothie bowls, Nourish Your Soul had cold-pressed juice, while the Winchester Savings Bank provided bagels from The Bagel Bar.

The fair included options for people interested in holistic approaches, including free massages, herbal tea and aromatherapy. Acupuncturist and Chinese herbalist Lisa Jensen treats people with acupuncture, herbal medicine, cupping and other forms of eastern medicine.

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A look at the Chamber of Commerce spring wellness fair. WINCHESTER NEWS STAFF PHOTO/DANIELLE KRANTZ

"It's been really fun, sort of getting acquainted with neighbors and friends and also just growing my business," Jensen said. "I think it really forming connections and getting to know people."

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Henry Rolfe, an instructor at Elite Freestyle Karate, said the fair was great for the community to get to know local businesses.

“I think it helps with showing just how much versatility there is in the community, as well as a place to bring not only friends and family but children as well, and give them something to look forward to,” Rolfe said.

Garmey said the chamber hopes to make the fair an annual event.

“What I’ve seen here today is that the businesses are networking with each other, and I think that is really important,” Garmey said. “And they’re making connections, and they’re going to follow up after the fair, which I think is really cool.”

This story is part of a partnership between Winchester News and the Boston University Department of Journalism.

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‘Chicago: Teen Edition’ dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents “Chicago: Teen Edition,” a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. Set in the 1920s, this iconic production is sure to leave the audience wanting more. Performances will

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Ripley Chapel in Winchester presents ‘Syldason: You Are Welcome Here’

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

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